

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital
Telephone: 01276 526530
Email: fhft.palsfrimleypark@nhs.net

Heatherwood Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

Wexham Park Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

<p>Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p>Heatherwood Hospital London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p>Wexham Park Hospital Wexham Slough Berkshire SL2 4HL</p> <p>Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>
--	--	---

Title of Leaflet	How to Take Bowel Prep (Citramag) – Information for Patients Having a Flexible Sigmoidoscopy				
Author	Dr Sass Levi Fiona Ruszkowski	Department	Lady Sobell GI Unit		
Ref. No	H/031/6	Issue Date	October 2018	Review Date	October 2021
Pre pack ref:	XRD 594A				

Legal Notice

Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.

If you need an interpreter, please contact us as soon as possible so that we can arrange for a qualified person to attend your appointments

Lady Sobell GI Unit
 Wexham Park Hospital
 Slough
 Tel 01753 634163

Endoscopy Unit
 Heatherwood Hospital
 Ascot
 Tel 01344 877801



**How to take Bowel Preparation Medicine (Citramag)
 Information for Patients Having a Flexible Sigmoidoscopy**

Bowel preparation medicine, which is a laxative, needs to be taken before procedures such as colonoscopy, flexible sigmoidoscopy or CT colonography to cleanse and empty the bowel. You will already have received a separate leaflet entitled Having a Flexible Sigmoidoscopy, which describes the procedure itself.

To get a clear view of the lining of your bowel, it must be as empty and as clean as possible. To achieve this, you will need to follow a low fibre diet for 2 days and take the laxatives included in your pack according to the timetable beginning on page 3. The laxatives will give you watery diarrhoea so you must drink adequate fluids and stay close to a toilet.

Check that you have been sent 10 tablets of senna and 2 sachets of Citramag. If not, please contact the GI Unit on 01753 634163. For comfort whilst preparing your bowel, you may wish to put some ointment on your bottom. Zinc and castor oil, Sudocrem and Vaseline are all suitable and may be purchased from a chemist.

Special precautions

- If you have had a **heart attack**, **acute heart failure** or a **coronary stent** inserted recently, it is advisable to wait until your condition has stabilised before having your flexible sigmoidoscopy, usually 3 months. Please call one of the numbers below for advice.
- If you have a **heart murmur**, have had a **heart valve replacement**, suffer from **kidney failure**, are in **poor health** or are **very frail** please call one of the numbers below for advice.

01344 877801

for appointments at Heatherwood Endoscopy Unit

01753 634163

for appointments at the Lady Sobell GI Unit, Wexham Park

- If you are **asthmatic**, please bring your inhalers with you and let the nurse know.
- If you are taking any regular medication for **diabetes**, please refer to a separate leaflet available by telephoning 01753 634157. It explains how to control your blood sugar around the time of your procedure as it is important to maintain a blood sugar above 5 mmol/l. Check your blood sugar level and if necessary suck some glucose tablets ahead of your procedure to achieve this. Please bring your diabetic pills or insulin with you to your appointment.
- If you are taking any regular medication for stomach, bowel, heart, lung, kidney or other medical conditions, please continue these as normal, you may take your medications with a glass of water on the day of your examination. Warfarin, pradaxa, clopidogrel, ticagrelor and aspirin may be continued as normal.
- If you have a **colostomy** (external stool bag on a stoma from previous bowel surgery), the bowel preparation medicine will work in the same way. You are advised to put on a drainable

Notes and questions

This page has been left blank for you to jot down any questions that we have not covered in this leaflet. No questions are 'silly' or unimportant if they matter to you.

Further laxative information

It is advisable that you stay near a toilet once you have started taking the laxatives. The timings of the laxatives are designed so that the effects wear off before you are due to leave home and travel to the hospital. You may have some bloating or stomach cramps – this is normal.

Remember to keep drinking clear fluids to stop you from becoming dehydrated. As a guide, try to drink about one glass every hour. Signs that you are dehydrated include dizziness, headache and confusion.

If you vomit at any stage after taking the bowel preparation solution, or if you have any concerns regarding this preparation, please contact the Lady Sobell GI Unit on 01753 634163.

Please report any allergic reactions to the preparation such as rash, itchiness, or redness to the Lady Sobell GI Unit or your GP. In very rare cases you may have a reaction that causes swelling of the face, lips, tongue or throat. If this happens seek medical help as soon as possible.

appliance before taking the laxatives until after the examination. If you do not have any drainable appliances (pouches), please contact your stoma care nurse at Wexham Park Hospital on 01753 633734.

- If you are taking any other regular medications please continue these are normal.
- If you are taking **oral contraception**, please note that increased bowel transit caused by the laxatives may lead to loss of the pill before it has been absorbed. It is advisable to take alternative measures to avoid pregnancy in the week following your procedure.
- Please let us know if you **are pregnant or trying to conceive**.

Seven days before your examination

If you normally take any iron tablets, stop taking them now.

Four days before your examination

Stop taking any constipating agents, e.g., Lomotil, codeine phosphate, etc., but continue with other medication and any laxatives. Avoid fibre supplements such as Fybogel.

Two days before your examination

Eat only the following foods: white fish, chicken, cheese, white bread, eggs, butter or margarine, plain yoghurt, honey (but not jam or marmalade), rich tea biscuits, potato (without the skin), yellow jelly (not red), ice cream, sorbets (not red). Have plenty to drink. **Do not eat** high fibre foods, red meat, pink fish, fruit, vegetables, mushrooms, salad, wholemeal bread, cereals or pulses in any form.

The day before your examination

Have a good breakfast and a light lunch, eating foods from yesterday's permitted list. After this, do not eat any solid food until after your examination but drink plenty of clear fluids (tea, coffee, squash, non-alcoholic drinks, carbonated drinks, water, clear soups, Bovril, Oxo, etc). You may have small amounts of milk in tea and coffee. Clear jelly (not red) and ice cream are permitted. **If your admission time is at or after 2.00 pm tomorrow, you may have a light evening meal today from the list of permitted foods.**

Citramag preparation

To prepare a sachet of Citramag, dissolve the contents in 200mls (8 fluid ounces) of hot water in a large measuring jug. Pour the water in slowly whilst mixing to avoid excessive fizzing which could cause the fluid to spill and be lost. Allow it to cool before drinking.

For appointments before 2.00 pm

At 6.00 pm on the day before your procedure, in the comfort of your home, take all 10 tablets of senna with a glass of water. **At 7.00 pm** prepare one sachet of Citramag. When it has cooled, drink it slowly over an hour then drink **1 litres** of clear fluids (e.g., consommé, yellow jelly, squash, water). Have no solid food. You should expect frequent bowel movements and diarrhoea to start within 2 hours of the laxatives. Some intestinal cramping is normal. This is just the beginning of the clear-out process. Have an early night if possible.

In the morning, at around 5.30 am, prepare and drink the second sachet of Citramag in the same way followed by **1 litre** of clear fluid. You should continue to have light drinks (water, squash, black tea), stopping 2 hours before your appointment time.

For appointments at or after 2.00 pm

On the morning of your procedure, in the comfort of your home, take all 10 senna tablets at **7 am** or earlier. **At 7:30 am** prepare one sachet of Citramag. When it has cooled, drink it slowly over an hour then drink **1 litre** of clear fluids (e.g., consommé, yellow jelly, squash, water). Have no solid food. You should expect frequent bowel movements and diarrhoea to start within 2 hours of the laxative. Some intestinal cramping is normal.

At 9:30 am, prepare and drink the second sachet of Citramag in the same way followed by **1 litre** of light drinks (water, squash, black tea). You should continue to have light drinks, stopping 2 hours before your appointment time.